

Scheme for Flat Feet - used at Home.

L. Creighton.

1. X-L. sitt. - A's bend & stretch upward w deep breathing.
2. Str. st - easy A. swing.
3. ly - bicycling movements with L's.
4. X-L. sitt - H. circling.

Special -

1. Sitt. - toes ab & ad. (slowly)
2. " - Roll ft. over bottle - alt.
3. " - Ank. rolling.
5. Bk. ly - slowly sitt. up & ly. bk.
6. " " - chest rais. alt. w. H. rais.
7. ST - ~~ly~~ swing. from S-S with hl. click - A's  
" swing. opp. to f.
8. Relax sitt - Chest expansion.



Static work for Abd. Mus.

1. Ark by - 14. rais.
2. " " " " + sld rais.
3. Heave grasp ark by - alt kn updraw.
4. " " " " - " extension.
5. " " " " - L's raised on stool alt 4. uplift.

Concentric or Eccentric Work.

1. Side ctk ly. - Abdominal contractions. (P. lies on 1 side with knee well drawn up & all relaxes & contracts abd. mus.)
2. Ctk  $\frac{1}{2}$  ly - abd. contractions.
3. . . . . or diaphragmatic breathing.
4. Heave grasp ctk ly - 2 kn up draw. & lowering.

Abd used as Lateral Flexors of Spine (Used Hanger B trace)

1. Hy - alt side bending.
2. " " " " " w alt L abd. (P bends to 1 side & abd L on same side to fullest extent. Shouldn't lift H off floor or plinth)
3. Hy - alt side bend w alt kn. updraw. (P. bends to side at same time flexes hip & kn to side keeping ft <sup>not</sup> on floor - bends til grasp ank - hip must b abd. Return to start & repeat)
4. Hy - alt hip updraw.



### Mobility Exercises -

A. 1. Head rolling.

2. Circle Turning.

3. Scraw Twisting.

4. Wringing.

5. Side wringing.

6. Trunk rolling.

7. Hewing.

8. Rolling setw wings.

9. Hanging.

10. Long sett. - 2 A. fling.

11. Sawing.

B. 1. 2-sided Bk. ex.

2. 2-A bd + stick.

3. Wls rais, Kn bd.

4. Correction belt.

C. Spec. Ex 4 ea. type of curve.



## Scheme for Conatipation.

Lax. str. sitt - Chest lift w relaxation + 2 H rais  
to shld level, A's rotate outw + H. extn.

ST - L swing f + B.

ST - 2 A swimming.

Wg. st or lounge supp ST. - T rolling.

Crk ly - Pelvic lift w rotation.

Wg. kn st. - Bk rais. vert by vert.

Crk ly - T. rais. w kn extn + fwd bd + Bk fall w kn fl.

Ly - alt. side bd w alt kn updraw. + ank grasp.

Wg. st. - T fwd bend + rais w strain Bk.

Taila sitt - alt T. rotation w A. fling.

Finish w un. ship. dance or fancy march.

Crk. ly. - abd. breathing.

## Causes of Anemia

1. Bad hygienic conditions
2. Poor food
3. Overwork + too little rest.
4. Congenital weakness.
5. Hemorrhage.
6. General disturbances of nutrition
7. Acute infectious diseases.
8. Toxic conditions - as rheumatism

## Colon.

### Blood Count.

Gen. Mus weakness -  $O_2$  diminished  
Fatigue + inflammation of mus. may  
arise easily.

Pain in long bk mus.



Suffer from -

Headache & constipation.

Breathlessness

Digestive disturbances

Graduated ex -

Improve ventilation & thus get

Greater intake of  $O_2$  thereby

improve haemoglobin content of blood

1. Breathing ex - in  $\frac{1}{2}$  ly -

2. A & L

3. Gentle abd & back -

4. Can give passive head rollings.


Progress w very gentle ex. gradually  
inc. plinth until sitt. up.

Breathing ex. on plinth -

1st - Push chest up w hand under  
back - on breath out put  
hds at sides & shake - hrr!

Do it in st. R - lft fr. of other - neck  
rest

Postural scoliosis - one side more  
dev than other - R dorsal curve

Rt - rt L  - L ha over head -

Breath in push up to side - st L A & L  
Shake on breath out



## Posture.

### Causes:

1. Malnutrition - diet.
2. Overeating.
3. Glandular disturbances. - growth, tone, energy
4. Nervous
5. Flabby mus.
6. Fatigue
7. Seating
8. Eye sight & hearing defects.
9. Faulty clothing
10. Habitual poor posture.
11. Weakness of poor bk & abd mus.
12. Wrong mental attitude.
13. Lack of self confidence & respect.
14. " " " " knowledge of teachers & underst. of situation.
15. Foot arch trouble.

"Silhouettegraph." good for posture. picture of them.  
Kodak Co.

Anatomist.	}	All can help with posture.
Physiologist.		
Engineer		
Sculpture		
Cartoonist.		
Anger Teacher.		
Athlete.		



## Posters for H. Ed.

Stimulate C. int. in H.

Co-relate H. w other sub.

Material authentic.

Theme positive - not negative.

Only 1 idea emphasized.

### Instruction.

1. Oblongue better than sq.
2. Margins on side & top uniform & base wider.
3. Colour scheme simple & effective.
4. Suggest action.
5. Slogan or printing used brief & appropriate.
6. Lettering legible at dist. but not too big in proportion to poster.
7. Finished article - neat.

### Materials for Posters.

1. Brown wrapping paper.
2. Card boards & other useful paper.
3. Construction paper - coloured.
4. Free hand cut paper design - given & Child.
5. Crayon drawing.

May be used for various reasons. Used as project. Health or other classes.

Health, Habits & Attitudes



Health for H. S. - Williams & Shaw.

226. - Role of Teacher in H. Ed. - Strong & Smiley.

Health for Public Schools. - Thursday - April 31.

Comm. H.

Social H.

Pupils own Problems.

Health Committee or Council that binds all people  
& things that concern health.

Co-related with other academic subjects.

→ Principle & Assist. Prin.

P. E. Teacher.

Doctor or Nurse.

Student Repre.

H. S. Teacher.

Biology

Hist., Civics & Geog.

Teacher from outside who is interested.

H. Councillor.



*Lois Creighton.*

REMEDIALS

M.E.S. Seniors  
IV Diploma

Finals, 1942

1. Write schemes of exercises for patients suffering from a mild degree of Constipation.
2. Describe types of residual paralysis, and splints which may be worn. What type of exercises are given to these children and how may you help such cases with remedial exercises.
3. What are the precautions to be taken when giving exercises to a child suffering from anaemia.



Seniors - 2 hrs.

REMEDIALS

MAY 1941

- I. Analyse the muscle work of: Hve. grsp. crk. ly. 2 knee updrawing & downpressing. Give the effects and uses of this exercise.
- II. Write a scheme of exercises for a strong boy of 14 who has kypho lordosis and who has been having exercises for one month.
- III. You are asked to give a class in gymnastics to a group of girls who are anaemic. What points would you consider when planning the table, and what kind of exercises would be most suitable for them.
- IV. What advice and help would you give to an otherwise normal, healthy girl who suffers from dymennorrhoea and who usually takes no activity at the time of her period.